



Vol. XXIX, Issue 21

Ca Hikiruxe wira | Deer Mating Moon

November 13, 2015



Badger beat Falcons in exhibition game at the Kohl Center

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Social Services advances the Shelby Project with a gift

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Journey of Hope Conference gives a boost to healthy habits



Ken Luchterhand
Staff Writer

The annual Journey of Hope Conference, which was originally named the Diabetes Conference, provided a bevy of opportunities to learn how to cope with diabetes and how to stay healthy.

It was held Thursday and Friday, November 5 and 6, at the Stony Creek Inn in Wausau.

A Pendleton blanket was presented to Karena Thundercloud for the many years she was with and was director of the Ho-Chunk Community Health Department. She also was responsible for organizing the Journey of Hope Conference and the former Diabetes Conference.

According to Lindsay Killian, medical assistant and one of the organizers, there were 198 total attendees for the Thursday sessions and 161 for the sessions on Friday.

"It was a culturally appropriate conference to provide diabetes and wellness information in a good learning environment," said Jess Thill, Ho-Chunk Health Care Center supervisor.

The first informative session was

about making your own herbal medicines.

Misty Cook, author of the self-published book, "Medicine Generations," offered her tips on making medicines from common plants found in nature.

She developed the recipes and procedures from the information she had from her grandmother, Granny Gardner, who lived to the age of 106.

Misty, a member of the Stockbridge- Munsee tribe, told the audience of how she interviewed her aunts and uncles for information on the herbal remedies when she discovered, three years into her research, that some cassette tapes had been recorded by her aunt Ella.

There were five cassettes and each told of the local plants and how they could be prepared and used as medicines for illnesses and skin conditions.

Locations of the plants were told and, when she went to those locations, each of them were still growing there.

What makes her book different than others, Misty said, is that photos of each of the plants are shown in the book in color, making identifications much easier. Another aspect is the spiritual nature of the medicines.

"You need to pray for what the medicines will do," she said.

Several of her recipes involves using leaves from certain plants, which are either used in a tea, or as a poultice or salve.

For instance, one of the most used remedy is derived from red raspberry leaves, which is good for regulating blood sugar levels. To make the leaves available throughout the year, she suggested picking the leaves and then drying them in single layer for about two months, then storing them in sealed glass jars.

Another of the most used remedy is what she referred to as "Number Six." It is derived from the bergamot stalk and it is good for digestive problems, morning sickness, heartburn, a cold, flu or pneumonia.

Catnip is good for anxiety, colic and helps with sleep.

Black cherry bark is used as a cough suppressant if it is stripped from the tree, boiled until thick, and then sweetened.

Sweet fern is used for all types of skin conditions and burdock root is good for treating arthritis.

Golden thread is a small, three leaf plant that grows on knolls in swamps and is effective for use in any



Misty Cook displays her book, "Medicine Generations," that she wrote based on the information provided by her family members about natural medicines.

mouth sore condition, such as canker sores, thrush and cold sores.

"It takes the pain away without numbing up and it helps to heal quickly," she said.

Mullen is a tall green furry plant which grows in sandy areas. It's good for any cough, throat or chest problems. It can be drank as a tea or even smoked.

Onions work well as a fever reducer. Misty gave an example of cutting an onion in half, placing them on the feet and covering them with socks.

"In the morning, the onions will be black, but it will have sucked out the fever," she said. They can be placed anywhere on the body, or sometimes people have placed them under the bed to have them work.

Whatever natural medicine is used, it cannot have any connection with money, she said. If a person pays for the plant extractions with money, the motive is not good, therefore they will not work.

However, if an exchange of other items, such as food, is made, it is acceptable.

Following her discussion of herbal remedies, and lunch, the participants were able to select one of four 45-minute sessions to attend, within four time slots.

One of the sessions was "Mending Broken Hearts" presented by Jean Stacy, di-

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Want something special placed in the Hockak Worak? Limited space is available so send your request in early. Submissions will be handled on a first come first serve basis.



Karena Thundercloud was honored by the Ho-Chunk Health Care Center staff for her years of service in the department, as well as the organizer of the annual Diabetes Conference which developed into the Journey of Hope Conference.

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From the desk of the Vice President Darren Brinegar: Greetings Tribal Members,

There have been several developments in the recent months. I would like to have a more consistent dialog with the tribal members and to communicate with you on a normal basis. I would like to do a monthly column to keep tribal members informed on the latest developments in the Legislature.

There were several gaming compact deductions approved which include a donation to the Black River Falls Fire Department (\$75,000), Jackson County Little League (\$25,000) and Tomah Youth Soccer Association (\$25,000), Black River Falls Youth Hockey (\$25,000) and the Wisconsin West Central Metropolitan Enforcement Group/MEG (\$50,000).

A Christmas grant to tribal members was approved. Tribal elders will receive \$650, adults will receive \$500 and youth will receive \$75. There will be an employee appreciation bonus that was approved as well which was in \$100, \$200 and \$300 amounts based on how many years' employees have been employed with the Nation.

Both Probate codes are now out for a 45 day comment period. If you have any suggestions or comments you can contact or email your suggestions to Jessica Parker at Jessica.Parker@ho-chunk.com or by phone at 715-284-9343 ext. 1286.

A resolution was passed to make recommendations to Wisconsin Housing and Economic Development Authority (WHEDA) for their current Qualified Allocation Plan Requirements to qualify for Wisconsin's Low Income Housing Tax Credit.

WHEDA Recommendations include:

- Establish Tribal Set-Aside requirement of 15% of the total credits for tribal projects with the ability for tribal projects to compete for the remaining 85%.
- Guarantee at least one (1) new construction tribal project and one (1) rehabilitation tribal project be funded per year.
- Change the Rural Set-Aside language to the population limit of less than 10,000 as it was previously or institute a definition by HUD Section 184 loan program as "the area within which an Indian housing authority or Indian tribe is authorized to provide housing."

The Legislature also passed an Acknowledgement of the General Council Resolution 9/19/2015-08 and Legislative Action Regarding the Resolution Concerning the Legalization and Sale of Marijuana on

Tribal Lands. At this point, the Ho-Chunk Nation will be conducting research-only on this topic. There will not be any other action taken besides researching the possibility of legalizing marijuana on tribal lands.

There were work groups created to assist the Legislature in providing information to plan the establishment/potential creation of a department of veteran's affairs and the department of agriculture and department of natural resources. There was also a task force created called Healthy is a Ho-Chunk Tradition which helps reduce adult obesity within the Ho-Chunk Nation by 10% in 4 years.

The new workgroups and task force created were:

- Department of Veteran's Affairs Workgroup
- Department of Agriculture and Department of Natural Resources Workgroup
- Healthy is a Ho-Chunk Tradition Task Force

The Legislature has been holding confirmation hearings for the interim directors of the HCN Executive Departments. There were confirmation hearings held on November 6, 2015 for the Education, Heritage Preservation, Business and Social Services Departments. It is stated in

the Confirmation Process of Executive Directors for the Ho-Chunk Nation Act, "c. 'Confirmation Hearing' means giving that hearing conducted by Legislature for the purpose of considering Background Investigation results of an Interim Director in rendering a confirmation. At the discretion of the Legislature, a confirmation hearing may simply be a review, during a normal Legislative Session, of the material submitted with respect to the Interim Director." The full Confirmation Process of Executive Directors for the Ho-Chunk Nation Act is available on the Ho-Chunk Nation Website.

Those are a few of the developments that have happened at the last few Legislative Meetings. We continue to move forward and make changes for the better of our people. If you would like to see change or would like to be informed on what is happening within the Ho-Chunk Nation be sure to attend your monthly district meeting.

Sincerely,

Darren Brinegar
Vice President of the
Ho-Chunk Nation



Vice President Darren Brinegar

Dear Editor,

This is a letter to the Ho-Chunk Nation to thank them for sponsoring Richard Snake's trip to New Mexico to attend a post-traumatic stress disorder workshop. Many valuable lessons were given to Richard to help his fellow veterans of the Ho-Chunk Nation also during his travels as Color Guard representing Post #129 of Black River Falls, WI. He can use tools learned at the conference to help other veterans needing an encouraging word.

Items donated by the Police Department of the Ho-Chunk Nation were given to veterans attendees to honor their services during a time of war. A Gourd dance for veterans held at this time honor veterans. Individual and as a group. A gourd dance is held to honor veterans to bring in honor songs to heal and encourage attendees in their everyday lives. The gourd dance is a warrior society since introduced to the southwest tribes by the Kiowa, Comanche of Oklahoma. All veterans received items donated by the Ho-Chunk Police Department. Clearly labeled Ho-Chunk Nation to reinforce effort by the Ho-Chunk Nation to bring healing to veterans who did their tour during times of war such as the Vietnam conflict, Korean War, World War I & II, Afghanistan and Desert Storm era.

As a longtime member of the Albuquerque War Shield Society, I Terrence Snake was asked to be Head Gourd dancer for the event and officiate over the dance representing the conference committee efforts to help veterans during a difficult time in the veteran's lives.

I would like to thank the Elder Community Work Program for its efforts in getting Richard Snake here to participate and bring the items to honor the veterans who attended this conference. Special thanks to Jean Stacy-Snow of the Labor Department in following the mission statement for elder work program and to Tracy Thundercloud director of Labor Department in supporting Jeans efforts for the elders of the tribe.

Terrence Snake



Friday Night in Madison

Submitted by WI State Senator Kathleen Vinehout
It was Friday night at 5:00 pm.

Most people were leaving work and looking forward to the weekend. Maybe they headed to see friends and family at the fish fry or watch the prep football playoffs.

At that same hour, Senators received details on two very important bills. Legislation that rewrote laws related to elections, campaign finance, lobbying and the ethics of elected officials.

Leaders kept details about changes to the bills secret until the last minute. Details we had not seen; the press had not read; no member of the public had an opportunity to provide comment.

By 7:00 pm, the Senate debate on the two bills began. Final Senate passage happened before the sun came up on Saturday morning. Most Wisconsinites did not hear the debate or see the vote. No TV

news cameras observed the Senate. Most reporters had gone home. Senate galleries were mostly empty.

Few realized what happened and Senate Republican leaders wanted it that way.

GOP leaders called an “Extraordinary Session”: extraordinary because the regular fall floor period for final passage of legislation expired the day before.

Senators waited in Madison all week for details of which bills would be up for a vote and how those bills might be amended – changed – before the Senate vote. But, those details didn’t emerge until the sun went down, most of the press had gone home and Wisconsinites were enjoying the start to their week-end.

Big changes were on the way to campaigns and elections. Changes most people would not like – nastier, untruthful campaign ads, shadowy out-of-state groups buying more ads, and less sun-

light on campaign donations. A newly created partisan, gridlocked commission would oversee ethics, lobbying and elections. More opportunity for secret deals in the dark.

Democracy needs sunshine. Wisconsin campaign laws should shine light on who donated to whom, when, how much and where that person worked. Groups that want to influence your vote should be required to say where they got their money and how they spent it. Elections must be fair and lobbying transparent.

Laws passed after dark keep voters in the dark. Legislation moving at warp-speed usually means something bad. Friday night in Madison there was certainly enough confusion among Senators about what the bills did and didn’t do which served as a warning that we didn’t know all the answers.

But, slowing things down to get answers and represent voters was not something on the

mind of GOP leaders.
It was almost 11:30 pm.

“I didn’t hear a single word about what we’re going to do to help a voter cast a more informed vote,” said Senator Janet Bewley. “But, instead, they [voters] are going to be buffeted by a fire hose of bad information; too many campaign ads, mail, phone calls... This is madness. And it has nothing to do with voters.”

It was now after midnight. The Senate had only begun debating the dismantling of the Government Accountability Board (GAB) – the non-partisan judges that oversee elections, campaign finance, lobbying and ethics.

Most of the press had gone home. All who remained was a political news service and a single reporter from the local college newspaper.

Supporters of the bill provided no hard evidence to justify dismantling nonpartisan oversight of elections, campaigns and ethics.

Exasperated, the longest serving state legislator in the United States, Senator Fred Risser stood up. He asked the bill’s author, “You just don’t like this agency?”

It was now almost 2:00 AM Saturday morning.

Senator Mark Miller implored the bill’s author. “GAB rose out of the ashes of one of the greatest political scandals our state has faced; created in an equally bipartisan bill. But this bill was created in the dark, brought forth at the last minute. How can we be sure this legislation has the interest of the public at heart?”

When you do not want the world to pay attention to legislation that is not in the public’s best interest, you pass it in the wee hours of Saturday morning.

Speed and secrecy: that was the game plan Friday night in Madison.

Chris Danou’s Capitol Report The 2015 Legislative Session sees few accomplishments

Submitted by WI State Representative Chris Danou

It’s hard to believe deer hunting and Thanksgiving are just around the corner. A few weeks after that brings Christmas and then it’s the end of the year. I know there’s still some time between now and the New Year, but it’ll be here before we know it.

My colleagues and I were sworn into office for another two-year term this past January. As I think back over the

past ten months, I struggle to see true legislative accomplishments. For the third session in a row, Republicans have had control of the Assembly and Senate, as well as the Governor’s office. Sure, we’ve passed lots of bills in that time and many have been done in a bipartisan way. However, what’s really troubling is the lack of legislative victories for our area and communities across Wisconsin this session. I believe this simply boils down to priori-

ties and what’s on the agenda.

We know there are things that truly need our attention and yet those things aren’t part of the agenda for the majority party. We should be working on ways to fairly fund our public schools, create jobs, repair our aging infrastructure, protect our natural resources, encourage the next generation of farmers and provide affordable health care. Instead, we’ve seen an agenda that limits local control, slashes good government, brings more money into the political system and cynicism into civil service.

We had a chance the last ten months to make better decisions for the long-term. However, we had a Governor who was putting higher office before the work to be done here in Wisconsin. He was then absent during a critical time because his short-lived

presidential campaign took priority and the majority party kicked the can down the road. In their efforts to help the Governor and their own party, they’ve done nothing to help our state move forward. While we sat back and put politics over people, we’ve watched other states make long-term decisions that allow them to move ahead with funding public education, investing in a reliable and safe infrastructure, creating jobs and providing health care.

One tangible result I see when I go back and forth between Madison and my home in Trempealeau is the newly enacted 70 mph speed limit. By increasing the speed limit from 65 mph to 70 mph, I can get to and from Madison in about 10-15 fewer minutes. I’m not complaining about less time in the car but I do think it says a lot about our

Governor and the Republican majority in Madison. We’re ten months into a legislative session and an increased speed limit is about all they can show for their efforts.

We need to get back on track here in Wisconsin. We live in a time when things happen quicker than ever before and we need to start addressing the things that will make our state better for the next generation. The longer we wait to fairly fund public education, create jobs, fix our roads and bridges, and provide health care, the further back we fall in comparison to other Midwestern states. We need to get things back on the agenda that make a real and positive difference that keep us moving forward.



Attention: The Next Deadline of the Hocak Worak will be Nov. 20th which will be published on Nov. 27th. Please contact Enrollment at ext. 1015 if you have a change of address or would like to be placed on the mailing list.

The Hocak Worak is a periodical published twice monthly by the Ho-Chunk Nation. Editorials and articles appearing in the Hocak Worak are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Hocak Worak staff or the Ho-Chunk Nation.

The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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Healthy eating during the holidays

Submitted by HCN Nutritionist Heather Jerzak, RDN, CD, CLC.

With November starting the holiday season and being named National Diabetes Month, it is helpful to remember those living with diabetes this season. The following are some quick ways to ensure your holiday meals include healthy options for everyone.

- Have carbohydrate snacks available if meal times occur later than normal to prevent blood sugars from dropping too low.
- Plan activities during holiday gatherings to encourage more physical activity.
- Bring low calorie, low carbohydrate snacks such as a veggie tray and low-calorie dip as an option which won't raise blood sugars.
- Plan to portion. When serving, cut items into small portion sizes to accommodate those who need smaller servings.
- Offer a non-carbohydrate beverage option. Unsweetened tea, coffee, and water make quick options. Other options include artificially-sweetened tea, soda, and lemonade.
- Learn to love vegetables. Often, there are many low-fat, non-starchy vegetable dishes available that everyone can enjoy.

Included are a couple options for a healthy holiday meal:



Creamy Cheesy Cauliflower

(Serves 16)

Ingredients

- 10 cups coarsely chopped cauliflower, about 2 heads
- 2 teaspoons butter
- 2 large onions, chopped
- 3 garlic cloves, minced
- ½ cup all-purpose flour
- 3 ½ cups 1% milk
- Salt and pepper to taste
- ¾ cup freshly grated Parmesan cheese
- 3 tablespoons finely minced parsley

Instructions

1. Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside.
2. In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

Nutrition Information Per Serving:

Calories 90, Total Fat 2.5g, Saturated Fat 1.4g, Cholesterol 10mg, Sodium 80mg, Total Carbohydrate 12g, Dietary Fiber 2g, Protein 6g.

From The Family Classics Cookbook by American Diabetes Association. <http://www.diabetes.org/mfa-recipes/recipes/2012-11-creamy-cheesy-cauliflowe.html>



Butternut Squash Soup

(Serves 6, Serving Size: 1 ¼ cup)

Total Time: 25 min | Prep: 10 min | Cook: 15 min

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 2 pounds frozen, cooked butternut squash
- 1 bay leaf
- 1 pinch nutmeg
- Freshly ground pepper, to taste
- 4 cups low-sodium chicken broth
- 1 tablespoon thinly sliced green onions



Directions:

Sauté onion and garlic in a large pan until golden, about 1-2 minutes. Add the squash, seasonings, and broth. Bring to a boil and reduce to a simmer. Puree squash mixture for creamier texture, if desired. Cook for 10 minutes.

Remove bay leaf and serve with sliced green onion on top.

Nutrition Information Per Serving:

Calories 134, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 52mg, Total Carbohydrate 24g, Dietary Fiber 2g, Sugars 5g, Protein 6g, Vitamin A 126%, Vitamin C 18%, Calcium 5%, Iron 11%.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

© Food and Health Communications. See more at: <http://www.communicatingfoodforhealth.com/recipes.php/recipe/1071/butternut-squash-soup/#sthash.GLNPEUol.dpuf>

“R.E.S.P.I.T.E”

The theme for National Family Caregivers Month November 2015 is

“Respite: Care for Caregivers”

Respite – the chance to take a breather, the opportunity to reenergize – is as important as any other item on your caregiver’s to-do list. People think of respite as a luxury, but considering caregivers’ increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer. No wonder respite is one of the most frequently requested support services for family caregivers.

R is for “Rest and Relaxation”

Everyone needs a little “R and R” – especially family caregivers. Relaxing is the best way to return refreshed to handle your many responsibilities as a caregiver.

E as in “Energize”

Caregiving is often round-the-clock 24/7. Respite isn’t simply “getting a few hours off.” It’s necessary to help you reenergize, reduce stress and provide care for your loved one.

S as in “Sleep”

Caregivers often have sleep problems. Address sleep problems and insomnia before they take too great a toll on your health.

P is for “Programs that can help you”

Respite – which can be in the home or out of the home – can be hard to find but there are programs available to help you.

I as in “Imagination”

Let your mind run free; read a book; see a movie. You have been so occupied with the nuts-and-bolts of caregiving that refreshing your mind will actually help you be a better caregiver.

T as in “Take Five”

...or better yet, take ten. Do you find yourself saying, “I wish I had just ten minutes to myself”? Don’t feel guilty. You need a reprieve – a few minutes to temporarily disengage.

E is for “Exhale”

A simple breath in and then a long exhale can help you focus and increase your vitality. A few deep breaths can give you more energy, reduce stress, and lift your mood.

During National Family Caregivers Month, remember...



“Respite:
Care for Caregivers”



Journey of Hope Conference

Continued from Page 1

rector of the Ho-Chunk Elder Program.

She told about several programs that are designed to help people, particularly those with drug or mental or incarceration issues. One in particular is the “Warrior Down Program.”

“It’s designed to help build a strong mind, body and spirit,” Stacy said. “You need to build a toolbox that can be passed along. You can’t mend a broken heart until you deal with those issues.”

One of the problems is that people have never dealt with intergenerational trauma, she said.

“It’s innate in us, from generations past,” she said, referring to the trauma created by repeated relocation. “How many relatives came back and those have stayed?”

She stressed the importance of language and how it links everything together.

She said man of the elders are involved with the program now and they are sharing their knowledge with the communities through storytelling and art. Also, there is a lot of mending through song, such as the Wasira Show that was performed in the morning at the conference.

Part of the healing process is to be reunified with family. “A lot of people are raising children who are not the biological offspring,” she said.

Nettie Kingsley said that she was raised by her aunt and uncle since she was 3 years old. Luckily her uncle was an ordained minister, so she and her brother were not exposed to negative influences and never drank or smoked.

“I have respect for my mother because she did what was best for her children,” Kingsley said.

The hope is to have everyone healthy and positive. There’s too much negativity in the world, she said.

“If you have a positive mind, you have a good heart,” Kingsley said. “You will have compassion and forgiveness.”

In another session, Heather Jerzak provided helpful information on how to eat healthy when traveling or away from home.

Dr. Bob Emery, an optometrist with the Ho-Chunk Nation, explained how diabetes effects the eyes and eyesight. He said that the normal range for blood sugar is measured between 55 and 160, with the ideal level at 90. Between those levels, sugar is stored in the cell structure as glucose. But when the blood sugar levels exceed 160, then the sugar is stored as fructose.

“When the sugar is glucose, it allows water to flow by osmosis through the cell membrane wall,” he said. “But when the sugar is fructose, it doesn’t allow water to flow back out of the cell. The cells will swell and burst because there is too much pressure.”

When that happens, people get blurry vision and double vision and limited view vision. What is important to note is that what is happening in the eyes is that same things that are happening throughout the body, causing internal damage to organs and cell

structure throughout the body. It’s just that vision problems are noticeable earlier, Emery said.

“New vessels in the eye are very fragile,” he said.

In the past, laser treatment on the eyes was standard practice to prevent the new vessel growth in the eye, but today the better treatment is to inject drugs into the back of the eye,” he said.

“Early prevention is key to preventing blindness,” Emery said.

Other programs included session on exercise, information about medications, herbal and dietary supplements and diabetes bingo.

The annual event is designed to create a learning environment that interweaves the Ho-Chunk culture.

“We are looking for recommendations for next year’s event, such as the topics and location,” Thill said. “Also, they have begun the process for working with the youth for a youth diabetes conference.”



Dr. Bob Emery tells the audience how high blood sugar can have catastrophic consequences on eyes and eyesight, even to the point of blindness.

SUMMONS

(First Publication)

IN THE HO-CHUNK NATION TRIAL COURT

In the Interest of Minor : D.D.S., DOB 05/31/2003

D.D.S., DOB 03/24/2009

Case : TG 15-12

TG 15-13

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S):
Lavonne S. Smith

You are hereby informed that you have been deemed an interested party in the above-entitled guardianship case. This legal notice of the filed *Petition for* is now served upon you by publication. A proceeding concerning the above-named is pending in the Court, and an adjudication will be made. The Court shall convene an *Guardianship Hearing* in accordance with HOC  K NATION THIRD PARTY GUARDIANSHIP ACT, Para. 11.13a. Any parent(s), guardian(s) and/or person(s) having legal or physical custody of the must appear along with the at the *Hearing* described below.

The Court shall commence a proceeding at **2:00 pm** on the **7th** day of **December 2015** for the following purpose: ***Guardianship Hearing***. Parties may seek to appear by telephone by submitting a written request and accompanying *Certificate of Service* to the presiding judge. See *Ho-Chunk Nation Rules of Civil Procedure*, Rule 5(B). Pursuant to HOC  K NATION THIRD PARTY GUARDIANSHIP ACT, Para. 11.13c, the parties have a right to counsel at their own expense; a right to confront and cross-examine those appearing against them; a right to present and subpoena witnesses; a right to substitution of judge; and a right to a jury trial.

NOTICE – VIOLATION OF THIS ORDER IS SUBJECT TO PROCEEDINGS FOR CONTEMPT OF COURT. SUBPOENAS: ‘THE FAILURE TO COMPLY WITH A SUBPOENA SHALL SUBJECT THE PERSON FAILING TO COMPLY TO THE CONTEMPT POWER OF THE COURT.’ THE COURT MAY FIND ANY PARTY TO THIS MATTER IN CONTEMPT OF COURT FOR FAILURE TO APPEAR AT A COURT HEARING OR FOR FAILURE TO FOLLOW COURT ORDERS.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

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AMERICAN LUNG ASSOCIATION®

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Smoking Cessation Classes

Black River Falls

Class Schedule

| Day | Time | Location |
|------------------|------------------|-----------------------------|
| Tuesday 11/10/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 11/17/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 11/24/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 12/1/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Friday 12/4/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 12/8/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 12/15/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |
| Tuesday 12/22/15 | 10:00 am-12:00pm | Ho-Chunk Health Care Center |

Freedom from Smoking provides education and support in a small group setting to help you quit smoking.

There is potential for employees of the Ho-Chunk Nation to be given two hours of paid administrative leave per week to attend classes with supervisor approval (see Executive Order 07-24-12). There is no cost to attend.

If any questions or to register please contact:

Holly Rodenberg at 715-284-9851, ext. 5330

SUMMONS

(First Publication)

IN THE HO-CHUNK NATION TRIAL COURT

In the Interest of Minor : M.M., DOB 11/04/2011

Case : JV 12-18G

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S):
Frances Sanchez

You are hereby informed that you have been deemed an interested party in the above-entitled guardianship case. This legal notice of the filed *Petition for* is now served upon you by publication. A proceeding concerning the above-named is pending in the Court, and an adjudication will be made. The Court shall convene an *Guardianship Hearing* in accordance with HOC  K NATION CHILDREN AND FAMILY ACT, Para. 3.76a. Any parent(s), guardian(s) and/or person(s) having legal or physical custody of the must appear along with the at the *Hearing* described below.

The Court shall commence a proceeding at **10:00 am** on the **6th** day of **January 2016** for the following purpose: ***Guardianship Hearing***. Parties may seek to appear by telephone by submitting a written request and accompanying *Certificate of Service* to the presiding judge. See *Ho-Chunk Nation Rules of Civil Procedure*, Rule 5(B). Pursuant to HOC  K NATION CHILDREN AND FAMILY ACT, Para. 3.20g, the parties have a right to legal counsel of their own choice and at their own expense.

NOTICE – VIOLATION OF THIS ORDER IS SUBJECT TO PROCEEDINGS FOR CONTEMPT OF COURT. SUBPOENAS: ‘THE FAILURE TO COMPLY WITH A SUBPOENA SHALL SUBJECT THE PERSON FAILING TO COMPLY TO THE CONTEMPT POWER OF THE COURT.’ THE COURT MAY FIND ANY PARTY TO THIS MATTER IN CONTEMPT OF COURT FOR FAILURE TO APPEAR AT A COURT HEARING OR FOR FAILURE TO FOLLOW COURT ORDERS.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS

(First Publication)

IN THE HO-CHUNK NATION TRIAL COURT

Kimberly A. Howell, Petitioner, v. Turquoise T. Howell, Respondent.

Case : 15-77

TO THE ABOVE-NAMED RESPONDENT:
Turquoise T. Howell

You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of the second published issuance of this *Summons*. You may request a hearing within your written response. See RECOGNITION OF FOREIGN CHILD SUPPORT ORDERS ORDINANCE, 4 HCC    2.5. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed **can affect your right to object to the enforcement of the foreign judgment or order. Id.,    2.6c.**

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

Wisconsin Badgers beat UW-River Falls in exhibition game

Marlon WhiteEagle
Editor

Wisconsin Badgers beat the UW-River Falls Falcons in an exhibition game at the Kohl Center on Wednesday, November 4 to start the 2015-2016 basketball season. The Badgers routed the Falcons, 101-46.

The Badgers started Bronson Koenig, Zak Showalter, Ethan Happ, Vitto Brown, and Nigel Hayes. Just an hour before the start of the exhibition game, news broke that Belgian freshman Andy Van Vliet was denied eligibility from the NCAA and would not suit up for the game.

Red shirt freshman Ethan Happ was the first Badger to score, on a Nigel Hayes assist, after a minute of play. Bronson Koenig follows up with a jump shot from the corner to make it 4-0. Koenig gets called for an early foul.

Freshman Charlie Thomas was the first Badger off the bench. Thomas grabs an offensive rebound. Koenig hits another jumper, followed by a Thomas jumper on the next possession.

Koenig hits a 3 point shot.

Early on, we see the leadership of Koenig and Hayes. We also see the contributions of the freshman. The Bo Ryan system doesn't look to freshman to contribute major minutes.

Freshmen Khalil Iverson and Alex Illikainen also came in off the bench and made contributions immediately, in scoring, rebounding, and assists, for the Badgers.

Nigel Hayes hit a 3 pointer and drove the baseline for a slam dunk to the Badgers a double digit lead. Vitto Brown and Riley Dearing both hit 3 point shots, while Happ added 3 more points by driving the

lane and going to the free throw line. Happ also block a shot into the bleachers.

At the half, Badgers lead the Falcons 46-27, and were 6-6 from 3 point range.

The first five minutes of the second half was all Badgers. Vitto Brown got the offense started with a jumper for 2 points, followed by Ethan Happ with a reverse layup and another blocked shot.

Happ had more low post moves to give the Badgers a 25 point lead. Again, the freshman leaped into action when Iverson, Thomas, and Illikainen all contributed with scoring, rebounding, and assists.

With under 10 minutes remaining Bronson Koenig knocked down another 3 point shot and got a block. Freshman Charlie Thomas lit up from 15 feet out with a series of jump shots. Alex Illikainen had a few low post move, got a block, and grabbed some rebounds.

Just under 3 minutes remaining, Will Decorah entered his first Division 1 collegiate basketball game as a junior walk on. Decorah gets called for a foul early. Then Decorah gets fouled and goes to the free throw line. Will goes 1-2 at the line.

Next possession down, Decorah dishes to Aaron Moesch. Subsequent possession, Decorah feeds Moesch again.

The Badgers outscored the Falcons 55-19 in the second half. Six Badgers scored in double figures: Hayes and Happ both had 16 points, Thomas and Illikainen both had 12 points, and Koenig and Dearing scored 10 points each.

Falcons Head Coach Jeff Berkhof summed up the game when he said, "The first ten minutes, we played how we wanted to play. Things can go downhill pretty fast."

"I like a lot of the new guys (the Badger freshmen). Everyone was knocking down points. Their big guys were scoring. I lost track of who was scoring," said Coach Berkhof.

Coach Bo Ryan commented on the play of Happ and the other freshman as well.

"Happ is a natural around the basketball. He's a factor. We hope Illikainen get used to the game environment. Charlie Thomas was comfortable. Khalil was comfortable. It was nice to see," Coach Ryan said.

"How did we look over all? We have weakness. We saw weakness from the veterans. We'll break the tapes down. We'll find out how they handle constructive criticism. All those things that seem elementary are what carried us through over the years," Coach Ryan concluded.

Some of the freshmen commented after the exhibition game.

Ethan Happ talked about having ups and downs and coming back into the rotation of the game.

"It was different without Kaminsky and Dekker, out there (on the court) and in the locker room," said Happ.

Alex Illikainen commented on where he saw the leadership coming from.

"Nigel and Bronson, and even Ethan has been calming us down," Illikainen said.

Charlie Thomas talked about his confidence in getting minutes on the floor.

"I'm trying to do all the little things that Coach Bo wants us to do," said Thomas.

"We have a lot of talent, young talent. It was a good first test, but we can do a lot better," said Happ.



Wisconsin junior point guard Bronson Koenig scored 10 points in the Badgers exhibition game against UW-River Falls Falcons.



Will Decorah dishes the ball to Aaron Moesch as the Badgers beat the Falcons.



The Badgers tip off their 2015-2016 season in an exhibition game against UW-River Falls on November 4.



Will Decorah drives in and draws the foul during the Badgers exhibition game.

Milwaukee Bucks edge Brooklyn Nets and celebrate Native American Heritage night

Marlon WhiteEagle
Editor

The Milwaukee Bucks edge the Brooklyn Nets, 94-86, the same night they celebrate Native American Heritage night at the BMO Harris Bradley Center in Milwaukee on November 7.

The Bucks enter the game with 3-3 record, while Brooklyn is winless with a 0-6 record.

The Bucks did get off to a slow start, letting the Nets take an early 4-0 lead. Bucks guard Khris Middleton got fouled behind the 3 point line

to get the scoring going. Giannis Antetokounmpo hit a 3 point shot, and followed that up with a slam dunk on a fast break

Nets center Brook Lopez scored early and often in the first quarter leading all scorers with 8 points. Nets guard Jarrett Jack also chipped in 6 points in the first quarter.

Antetokounmpo entered the game as the Bucks leading scorer, and contributed 7 points in the first quarter. Greg Monroe, "the Moose", added 4 points, while Middleton's 3 points came from the



Native American dancers and singers poses for a group photo at the BMO Harris Bradley Center during the Bucks game against the Brooklyn Nets. The Bucks won 94-86.



BMO Harris Bradley Center

free throw line.

Brooklyn had a 6 point lead at the end of the first quarter, 24-18.

Jabari Parker got things going for the Bucks early in the second quarter. Parker returned to action for the Bucks on November 4 in Philadelphia from surgery on his left knee to repair a torn ACL suffered December 15, 2014. Parker scored 4 points in the quarter.

The Bucks cut their deficit to 2 points with just under 4 minutes in the half. Antetokounmpo gets fouled and goes to the free throw line to try to tie the game. He gets the Bucks within 1 point, missing one of his shots.

Bucks guard Tyler Ennis hits a 3 point shot to give the Bucks a one point lead. Meanwhile, the Net's 7' Lopez is scoring at will keeping them close near the end of the half.

Now, Middleton hits 3 of his own to give the Bucks a 42-40 lead.

The game is tied 44-44 at the half.

Now for the half time entertainment and celebration of Native American Heritage night that featured tribal members from Wisconsin's 11 tribes. The Ho-Chunk Nation was well represented with the Thundercloud Singers present to provide a song for the dancers.

Ho-Chunk tribal member who danced were Victor Bird, Kristin White Eagle, Ashley Rave, Emily Goodbear, and Zamantha Funmaker.

The Bucks took and maintain the lead throughout the third and fourth quarters. They did that with fast break action. The Bucks had 17 fast break points to the Nets 7 point in the open court.

The Bucks biggest lead in the third quarter was 8 points.

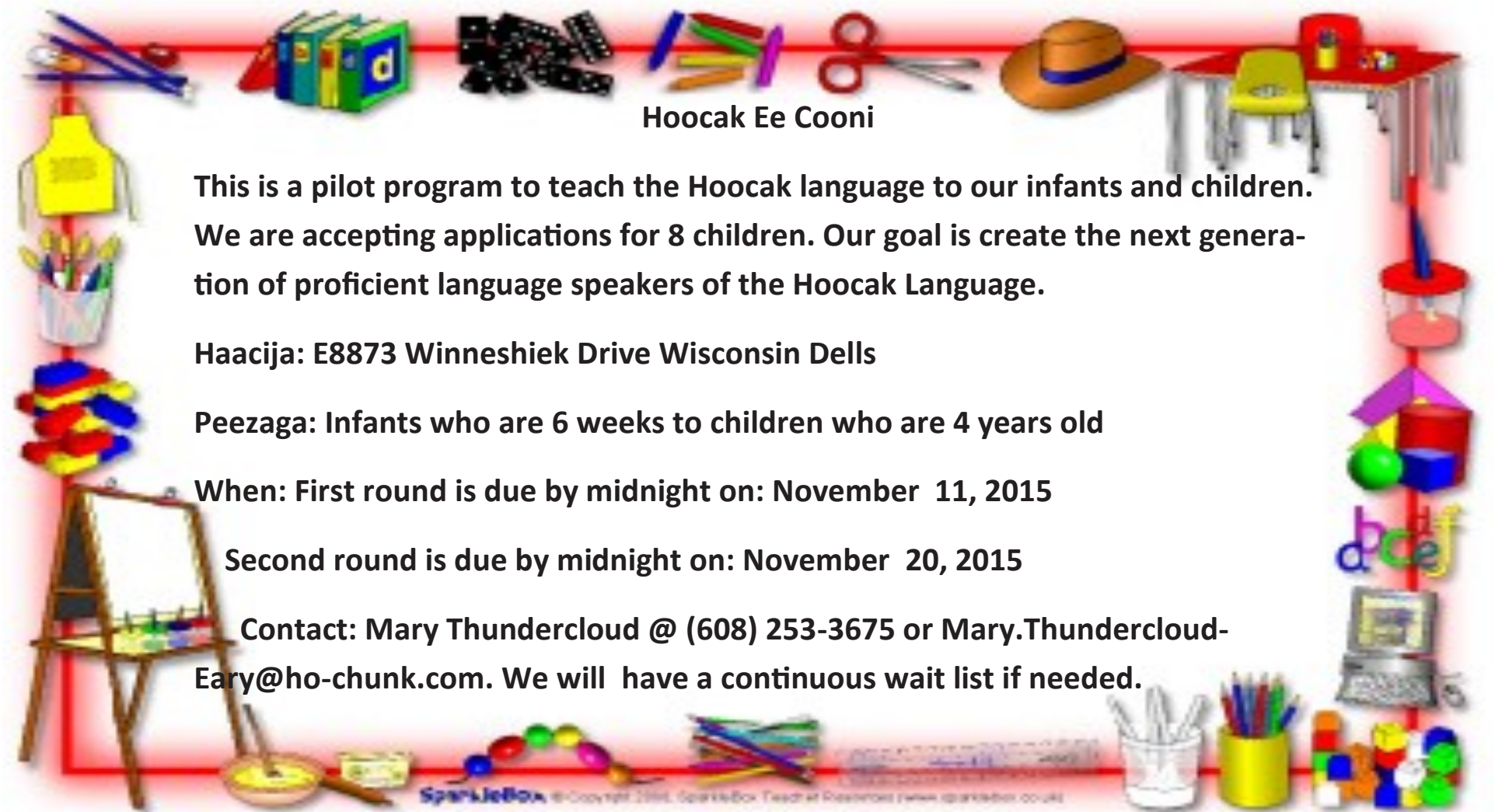
Greg Monroe and Khris Middleton lead the way for the Bucks in the third quarter. Middleton was perfect from behind the 3 point line, finishing the quarter with 14 points for the Bucks. Monroe finished the quarter with a total of 13 points.

Jerryd Bayless came off the bench for the Bucks to add some clutch 3 point shots. John Henson and Johnny O'Bryant III added 6 more points from the bench.

Monroe added 7 more fourth quarter points to finish the game with 20 points for the Bucks in the win. While Bayless drained another 3 point shot to finish with 19 points on the night.

O'Bryant III also added 4 points in the fourth quarter to finish with 6 for the Milwaukee.

The Bucks improved to 4-3, while the Nets remained winless.



Hoocak Ee Cooni

This is a pilot program to teach the Hoocak language to our infants and children. We are accepting applications for 8 children. Our goal is create the next generation of proficient language speakers of the Hoocak Language.

Haaciya: E8873 Winneshiek Drive Wisconsin Dells

Peezaga: Infants who are 6 weeks to children who are 4 years old

When: First round is due by midnight on: November 11, 2015

Second round is due by midnight on: November 20, 2015

Contact: Mary Thundercloud @ (608) 253-3675 or Mary.Thundercloud-Eary@ho-chunk.com. We will have a continuous wait list if needed.

LEAF planning a hide tanning workshop

Ken Luchterhand
Staff Writer

LEAF, the Little Eagles Arts Foundation, is planning to kick off its cultural arts workshop series in June with a hide tanning workshop, according to LEAF Director Melanie Sainz.

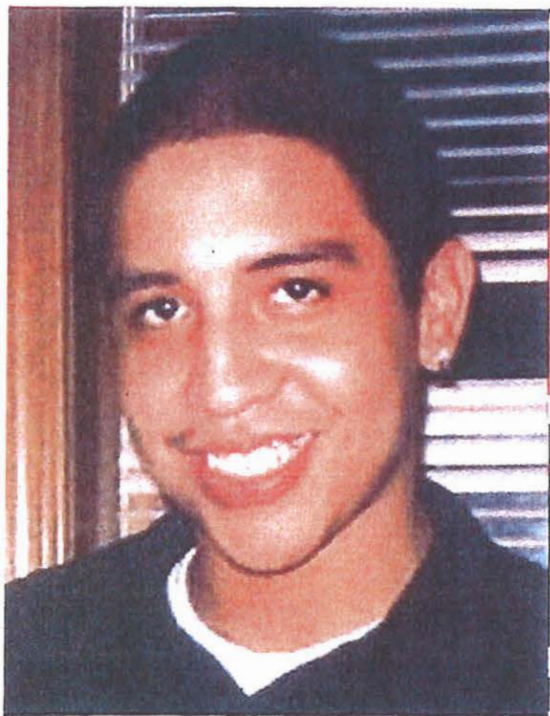
“We’re hoping to have the workshop at the Ho-Chunk RV Resort and Campground, but we’re currently awaiting confirmation,” Sainz said. “We need to inform fellow Ho-Chunk members about the workshop and ask everyone to save their hides.”

Further updates and information about the workshop will be posted in the Hocak Worak.



SEARCH & RESCUE

For GENE CLOUD JR.



WHEN
November 14-15
8am

WHERE
Millston Exit
Ext. 128 & County 0

HELP
We are in need of people willing to do a search with us on November 14-15, in search of GENE CLOUD JR.

LAST KNOW INFORMATION
He was last seen near Millston WI in Jackson County on County Road 0. He was wearing a black leather jacket, black hooded sweatshirt, blue jeans & black shoes.

AGES
18 years or older, in good shape as you will be doing a lot of walking. **PLEASE WEAR BLAZE ORANGE OR NEON COLORS AS IT IS DEER HUNTING SEASON.**

Social Services advances The Shelby Project with gift

Ken Luchterhand
Staff Writer

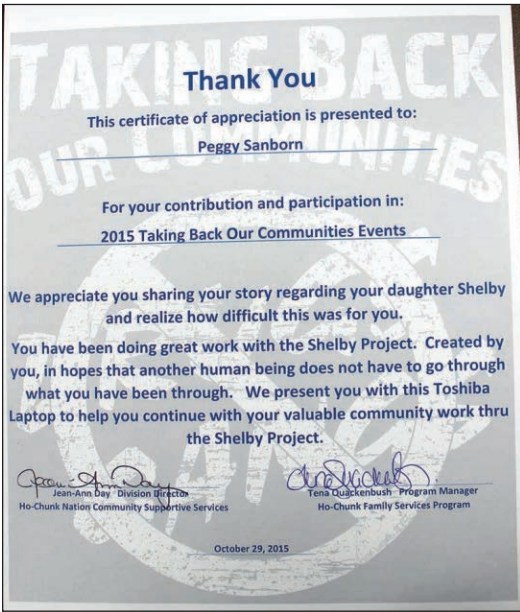
Peggy Sanborn just wants to help other people who are going through life struggles. She's developed a program, called The Shelby Project, to help drug users recover, to help parents of drug users, and to educate the public about the dangers of drug use.

To help her with that effort, Community Supportive Services of Ho-Chunk Social

Services provided Sanborn with a Wifi-capable Toshiba laptop computer.

The surprise gift was presented to her on Friday, November 6, at the Social Services building in Black River Falls, by CSS Director Jean Ann Day and Program Manager Tena Quackenbush and Division Manager Kristi Green.

"I've been using my smart phone for all my work and it's quite difficult," Sanborn said. "This is the second phone I've had this year because I wore the other one out."



An appreciation certificate was given to Peggy Sanborn along with the laptop, expressing the staffs' gratitude for the work she is doing within the community.

Sanborn started the non-profit organization and named it after her late daughter Shelby, who died from an illegal drug overdose. Her intention is to prevent the use of drugs by children and to inform the public about the dangers.

She will use the laptop computer for connecting members of



Social Services staff (from left) Kristi Green, Jean Ann Day, and Tena Quackenbush (far right) present a new Toshiba laptop to Peggy Sanborn (second from right) for her use with The Shelby Project, which is dedicated to helping individuals and families struggling with drug addiction issues.

the group, plus reaching out to similar groups across the country, she said. Plus, she wants to develop literature and other materials for the group.

There are seven people in The Shelby Group with hopes to grow the membership. They meet monthly at different locations and have

taken on the duties of cleaning a section of Highway 12 with the Adopt-A-Highway program.

Also, she eventually wants to be able to make the group meetings a place where drug addicts and users can come to talk and find resources as a support group.

The new laptop will help a great deal in advancing her goals with The Shelby Project and she is appreciative of the donation.

"It was a complete surprise," she said. "Thank you so much for this wonderful gift."

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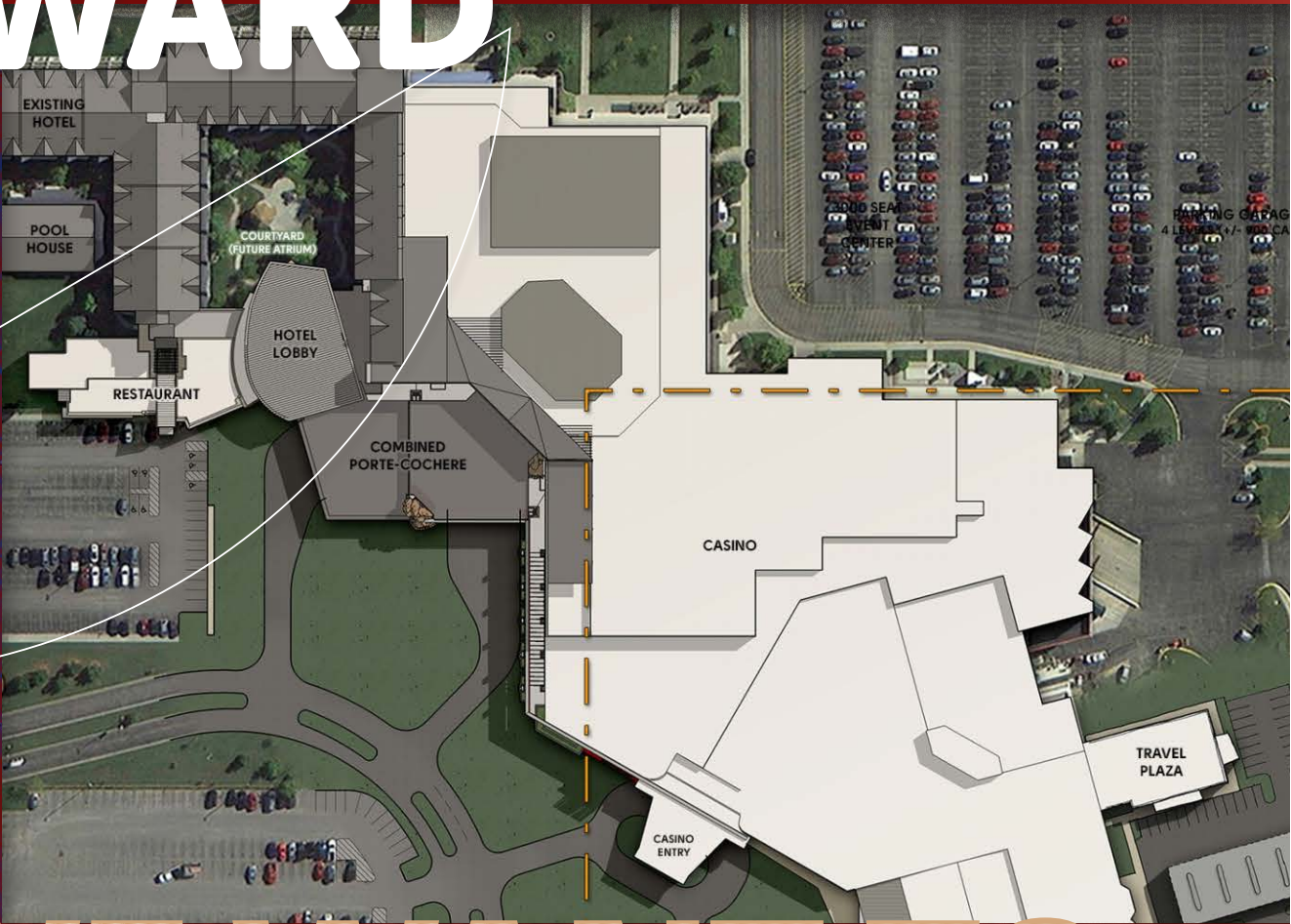
And since you can finish your degree in just two years or less, you won't have to wait long to do it.

This program is offered in a hybrid format, with weekly online classes and twice-a-month on-campus classes on Friday afternoons and evenings and on Saturdays. Classes are held in Cloquet, MN, at Fond du Lac Tribal and Community College.

(877) 287-8752
go.css.edu/Hocak



HO-CHUNK FORWARD



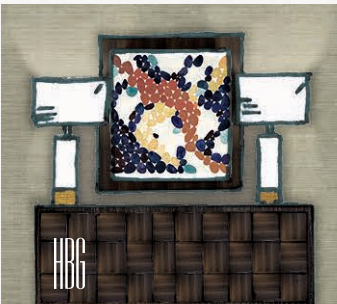
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HEAR FROM YOU



Are you excited about the Ho-Chunk Forward renovation projects? Or confused? Are you looking forward to something in particular? Or would you like to make a suggestion?

We'd love to get your feedback. Visit us at:

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TERO Ordinance Revamp

Submitted by Lynette LeGarde, HCN Legislature-Chief Communications Officer

The Tribal Employments Right Ordinance (TERO) first appeared and was enacted among tribes in the United States in 1976-1977. In 1985 the Wisconsin Winnebago Business Committee (WWBC) moved forward with the TERO concept. The WWBC created a committee to work on two resolutions: a TERO resolution and an ordinance resolution. By this time, the Nation had started offering bingo; but full Class III gaming did not fully emerge within the Ho-Chunk Nation until 1992 when the Nation entered the Gaming Compact with the State of Wisconsin.

TERO was created to help Native Americans gain employment on reservations, deal with poverty on the reservations, eliminate discrimination when tribal members were looking for jobs and receive entitlements from the Native American preference employment laws (tribal and federal). The TERO program that was adopted in 1985 was good for that time but now there are multiple gaming facilities within the Ho-Chunk Nation. There are 3,400 employees that work for the Ho-Chunk Nation. The current needs for the tribal members were not being met by the program. There have been many complaints from departments within the Ho-Chunk Nation and tribal members about the program that it hasn't been working for a while. There are current construction projects that are approved for funding which are not being completed due to the current TERO program requirements. The potential vendors do not want to jump through the hoops to become Indian Preference Certified in which the pay a fee to register with TERO, pay a fee to bid on a project, and then, if they are awarded the contract, pay the 4% TERO fees on the overall cost of the project. Therefore, the potential vendors have to pay for the fee to be Indian Preference Certified as well as a Registration Fee up-front to even be considered for a bid. Further,

if a department needed to purchase items those vendors would have to become TERO certified which meant if a department purchased a truck or equipment a 4% fee would be added to the overall cost of the truck or equipment.

In 1985 when the TERO Program first began the TERO fees were allocated to fund the department since the Nation didn't have the revenue to fund this program at them time. After Ho-Chunk Gaming became established things have changed. The TERO Program was never meant to be used as a revenue generating source. The fees collected

were meant to be used for the costs of the program such as recruiting, referrals, screening, orientations, job counseling, support services, etc. The bidding process has become a major issue with getting jobs completed or remaining incomplete in cases within the Ho-Chunk Nation.

The Ho-Chunk Nation Legislature repealed the TERO Ordinance on Tuesday, October 20, 2015. The repeal passed with a vote of 9-0-2. The reasoning behind the repeal was that over the years the TERO Ordinance has become confusing and wasn't working in the best way for

the Ho-Chunk Nation people. Since the repeal has taken place the TERO staff have been transferred to the Department of Labor. They will remain under the Department of Labor until the new version of TERO is drafted and clears up the confusion for vendors, contractors, departments and service providers. All the necessary funding for TERO wages and benefits have also been transferred over to the Department of Labor to secure continuance of projects.

A revamp of the TERO Ordinance, termed TERO 2.0, will occur over the next 6 months which will focus

on career building for tribal members. The TERO work-group is tasked with the duty of rewriting the new ordinance with a focus on the current needs of the people of the Ho-Chunk Nation. There is a vision to tailor this program to work with tribal members' lifestyles and life circumstances for present-day. The TERO program was established long before we had gaming within the Ho-Chunk Nation. It is now time to revisit this ordinance and update it with the times and help our tribal members in a way that makes sense.



Ho-Chunk Nation Domestic Abuse Division

Women's Retreat 2015

NOVEMBER 18TH-20TH

THREE BEARS LODGE WARRENS, WI

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- ❖ Remember to sign up early next year.
- ❖ If anyone registered plans on using administrative leave, please remember to get supervisor approval before the retreat.

QUESTIONS PLEASE CALL:

HCN DOMESTIC ABUSE DIVISION 715-284-2622 EXT. 5135

Puent awarded for her excellence in health field

Ken Luchterhand
Staff Writer

Ruth Puent knew at an early age that she would be involved with improving people’s health. She was always interested in the health field. Having grown up in a large family, with many brothers and sisters, her parents and grandparents, she cared for their illnesses, plus tended to the sick and injured animals she came across.

If fact, when she was in elementary school, the nurse would ask her to help with student immunizations. She would calm down the students and get them ready for their shots.

“You have a way with people. You should become a nurse,” Puent said about what the school nurse told her.

Because of that dedication to improving people’s lives, Puent was awarded the Area Director’s Award for Excellence by the Indian Health Service. She was presented with the award at the Indian Health Service conference in Bemidji, Minnesota, in October.

A celebratory luncheon was held in her honor on October 28 at the Ho-Chunk Nation Clinic conference room.

Ruth was hired as Community Health Representative for the Ho-Chunk Nation and started her job on December 1, 1980, and was based in La Crosse, where she lived.

“I wore a lot of hats over the years,” she said. “When I first started, I completed a three-week basic training for many things, such as alcoholism, mental health, drug addiction, how to give a speech, and medical terminology. When I began my job, it was the only program that would go into the people’s homes and give services.”

When she started the first meeting was La Crosse to Port Edwards as a Community Health Officer. She didn’t know what to expect. Ona Garvin was the director. There was only Contract Health Services, Food Distribution and the CHR programs, with about 25 people employed at the time.

Now the program has evolved and they are doing more health promotion, disease prevention and activities, monitoring home visits and transportation for the medically needy, WIC clinics and monitor people with hypertension and diabetes.

Over the years, a lot of directors were in change of the program. Then, in 1990, she decided to leave the Nation for other opportunities.

“When I left, the program was in turmoil. I didn’t care where it was heading,” she said. “I took a job as an inspector for a plastic company.”

Even when she had a different job, people would approach her because of her expertise in health.

“People were still calling me at home. They were

sick and wondering what to do. They were calling me to get the right assistance.

In 1994, she decided to come back to the Ho-Chunk Nation when the small clinic was built and it began treating patients and she has been with the Nation ever since.

In regards to the award, she said that she comes to work every day and is involved with so many things, such as policies and procedures.

Ruth was gone from work for about three months due to heart bypass surgery. But when she came back, she learned that her supervisor and co-workers had nominated her for the award and that she had won.

“I don’t think it’s anything I’d win an award for,” she said. “I’m pleased that so many people think of me that way. It was a nice surprise.”

Ho-Chunk Nation Environmental Health Director Carol Rollins nominated Puent for the award. In her nomination papers, she wrote:

“Ruth Puent has managed the Community Health Representative (CHR) Program for a total of 24 years for the Ho-Chunk Nation. She has provided guidance to her CHRs and always made sure her program was in compliance with recognized guidelines. She established the first Policies and Procedures for her program and continues to update and implement them today. Her work ethic is passed on to her staff by teaching them to reach out to the community members and help guide them toward a healthier lifestyle.”

Providing services to all the tribal members in the 15 county service delivery area was one of the challenges that Ruth faced, plus the difficulty of supervising staff that was located two to three hours away, Rollins wrote.

“Ruth met these challenges and was willing to lend a helping hand to staff when they needed it. She often was faced with staff shortages, limited funding, and a lack of fleet vehicles to deliver services. She met these challenges and advocated for program needs with the Health Director and sometimes the Tribal Legislators,” Rollins said. “Her program staff continues to be recognized as the key personnel in the satellite health offices to getting in touch with the local community that they serve.”

In addition to managing the CHR Program, Ruth was very generous in sharing her time and her leadership skills. She serves on many committees within the Health Department and is very willing to take on the extra duties associated with these groups. She leads the Policies and Procedures Committee for the Community Health programs, taking time to review all the Policies and Procedures from all the programs and verify their format is correct, according to Rollins.



Ruth Puent displays the Area Director’s Award for Excellence from the Indian Health Service at its conference in Bemidji, Minnesota.

She is an active member of the Injury Prevention Committee, the Health Accreditation Board, the Cancer Task Force, the Well Child Committee and the Public Health Accreditation Committee. She also served on the Bemidji Are HIS Team to update the RPMS System for data entry for the CHR Program.

Ruth was one of the founders of the “Strong in Body and Spirit” program many years ago, which has since been absorbed by the Diabetes Management Program to become the Lifestyles Balance Program.

Ruth often says that she likes to format and organize materials so we have used her skill to our advantage in the Health Department by giving her the annual reports from all the programs. She combines the pictures and graphs and written narratives to create “The Annual Report to the Indian People.”

Ruth has been very active in promoting Public Health Accreditation. The Community Health Assessment could not have been accomplished without Ruth and her team. She continues to actively participate in the Health Department’s efforts to become accredited.

“Ruth received the Area Director’s Award for Excellence because she has truly been a leader and advocate for healthy lifestyles and she has taught her staff and co-workers how to serve the Ho-Chunk people,” Rollins said.

LeGarde is finalist for young professional women award

Ken Luchterhand
Staff Writer

Lynette LeGarde, former senior public relations manager with Ho-Chunk Gaming – Nekoosa, was one of four finalists for the annual ATHENA Young Professional Award.

An award luncheon was held for the ceremony on Wednesday, November 4, in Wausau, with more than 225 people in attendance. It was sponsored by the Wausau Region Chamber of Commerce.

The award is presented to an emerging leader, under the age of 40, who displays professional excellence, community service and clearly serves as a role model for young professional women.

At the ceremony, Lynette was not awarded the distinction, with the honor instead going to Elizabeth Field with Wausau River District Inc.

Even though Lynette did not earn the top prize, she feels that it was an honor to be nominated by a former co-worker, Promise Bakken, and also to be a finalist for her efforts at work and in the community.

“It was a once in a lifetime experience and a huge honor to be nominated and to become a finalist for this year’s Athena Young Professional

Award,” Lynette said. “I have to thank Promise Bakken for this extraordinary experience of being nominated and being able to participate in an event that recognizes phenomenal people in the community.”

One of the things that Promise said stuck out about Lynette to me was her never ending cheerful attitude and optimism while she worked here.

“I don’t remember hearing her complain ... ever,” Bakken said.

“I nominated her because she was a motivated hard working individual that significantly expanded our community involvement. We hadn’t had a Senior Public Relations Manager for quite some time when she took the position here and our community involvement needed a major kick start,” she said.

She remembers Lynette’s second day the most, Bakken said. Even though she had a lot of work to do to revive community efforts and involvement, it was as if that challenge didn’t even intimidate to her.

“Lynette smoothly hit the ground running that second day and wasted no time getting involved with our community. From that day on, she was always bustling around, cheerful and happy while she multitasked many



Lynette LeGarde was one of four finalists for the annual ATHENA Award for her dedication and professionalism at her employment and in the community. ATHENA International is a nonprofit organization known for recognizing women leaders throughout the world.

different projects for us,” Bakken said.

“She donated money to some and others she became really involved in and offered to help at a more personal level. One of my favorite events she organized was the Family Table, a

charitable organization where local residents in need are served a meal, free of charge. Lynette dedicated her time to volunteer as a server and got the office motivated to be involved and help serve as well,” she said.

One of Lynette’s most impressionable qualities is by far her selflessness; which is strongly backed with her humble nature and ability to genuinely empathize for others, Bakken said. She did so much and expected nothing in return.

“That is the sole reason I decided to nominate her for the 2015 Athena Awards. She is missed here by everyone. In my own opinion, her shoes will be hard to fill for our next public relations manager,” Bakken said.

Lynette is appreciative for her time at the casino and for all the support she has been given.

“I had a great team at Ho-Chunk Gaming Nekoosa and by no means did I do any of this alone. They were with me on this journey to raise awareness of our place of business. That was a wonderful place to work and a great time in my life,” she said. “I’m blessed to have this experience to kind of put closure on that point in my life. Thank you Promise and Ho-Chunk Gaming Nekoosa.”

THANKSGIVING DAY BUFFET

NOVEMBER 26 | 10AM-10PM | \$14.98

Join us for a traditional Thanksgiving Dinner with all the fixings and without the hassle for just \$14.98.

You and your whole family will enjoy Thanksgiving favorites including carved turkey, mashed potatoes, stuffing, pumpkin pie plus a load of other entrees and desserts.

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Kids 12 and under get 20% off. Those 3 and under eat for free.

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HO-CHUNK  **GAMING**
BLACK RIVER FALLS

ho-chunkgaming.com

Ho-Chunk Gaming Black River Falls welcomes anyone 21 years or older to play in the casino. Those 18 years or older are welcome to play Bingo. Additional rules and restrictions may apply. See the Rewards Club for complete rules and details. Ho-Chunk Gaming reserves the right to cancel or alter promotions at any time.

BLACK RIVER FALLS | MADISON | NEKOOSA | TOMAH | WISCONSIN DELLS | WITTENBERG

Sharps Disposal Drop Box Now Available

Submitted by Monica Lobenstein and Lisa Listl

Safe disposal for needles and other sharps has been expanded in Jackson County through a partnership between the Ho-Chunk Nation and Together for Jackson County Kids. Ho-Chunk Nation tribal members as well as all Jackson County residents have access to a new sharps drop box where used needles and others sharps can be safely disposed of.

The second large, red, metal drop box is located at Ho-Chunk Nation Department of Social Services, 808 Red Iron Road, Black River Falls, WI 54615. This is in addition to the box already located at the Jackson County Recycling Center, 115 Harrison Street in Black River Falls. It is available 24 hours a day, 7 days a week for drop offs.

It can be difficult to find a safe way to dispose of used needles and other sharps. Individuals with diabetes and other health conditions that require use of needles at home are faced with high costs of disposing of their needles. The sharps disposal drop box offers them a safe alternative.

There has also been growing concern in the community regarding inappropriate disposal of used needles related to illicit drug use. Family members of drug-addicted individuals need a way to safely dispose of needles to protect the health and well-being of others in the household.

The second drop box was recently purchased through grant funds from the Wisconsin Partnership Program and Together for Jackson County Kids in partnership with the Ho-Chunk Nation Department of Human Services as a public health measure.

Citizens who find used needles out in the community should not touch them as they may carry diseases or dangerous substances. If you find a used needle, please contact local law enforcement officials to pick up and safely dispose of it.

Questions related to the sharps disposal drop box can be directed to Lisa Listle, Project Director, Together for Jackson County Kids at 715-284-6012 or Monica Lobenstein, 4-H Youth Development Agent, UW-Extension at 715-284-4257.



It is that time of year again, where Child and Family Services provides Christmas presents to the children that receive services through the Tribal Child Protection, Juvenile Justice and Independent Living Skills Programs.

This year Children and Family Services have 203 children/youth which we are hoping to locate sponsors for Christmas gifts. This can be an individual project donation or a group project for a department. Each tag represents an individual child and designates the age and whether the gift is for a boy or a girl. We are requesting gifts that are valued between \$20 and \$25.

Child and Family Services request that you return the present unwrapped, with the provided gift tag attached and return the gift to the Ho-Chunk Nation Department of Social Services-Division of Child and Family Services offices in Baraboo or Black River Falls by December 4, 2015.

Child and Family Services thanks you for your continued generosity. Thank you in advance for helping to make Christmas special for our children.

Drop off points
Ho-Chunk Nation Social Services – BLACK RIVER FALLS
HOUSE OF WELLNESS – BARABOO
CFS CONTACT #5134 OR #5118

GIFT # : _____ CONTACT PERSON: _____

PHONE / EXT #: _____

FACILITY: _____ DEPT: _____

PERSONAL DONATION: _____

DEPARTMENTAL DONATION: _____

General Council Agency Vacancy Announcements:

- Baraboo - GCA Alternate (1)
- La Crosse - GCA Alternate (1)

Tribal members who are interested must be voted in by a majority vote at the monthly area meeting.

For more information, contact the following:

Joy Thompson, GCA Advocate at Joy.Thompson@ho-chunk.com

Wendy Running Horse, GCA Deputy Advocate at Wendy.Runninghorse@ho-chunk.com

Tonie Lewis, PT GCA Deputy Advocate at Tonie.Lewis@ho-chunk.com

Julia Hopinkah Archie, LTE GCA Secretary at Julia.Archie@ho-chunk.com

John Swimmer, GCA Attorney at John.Swimmer@ho-chunk.com


The Office of the General Council provides resolution assistance.
27374 State Highway 21 Suite #2 Tomah, WI 54660
Phone: (715)284-7891 Fax: (608)372-6092

GCA Meetings Schedule:

- **GCA Regular Monthly Meeting:**
 - o When: Saturday December 19, 2015 at 10:00 AM.
 - o Where: Office of the General Council- Tomah, WI
- **GCA Quarterly Meeting:**
 - o When: Saturday January 16, 2016 at 10:00 AM.
 - o Where: Ho-Chunk Gaming-Wisconsin Dells- Baraboo, WI
- **GCA Regular Monthly Meeting:**
 - o When: Saturday February 20, 2016 at 10:00 AM.
 - o Where: Office of the General Council- Tomah, WI.
- **GCA Regular Monthly Meeting:**
 - o When: Saturday March 19, 2016 at 10:00 AM.
 - o Where: Office of the General Council- Tomah, WI.
- **GCA Quarterly Meeting:**
 - o When: Saturday April 16, 2016 at 10:00 AM.
 - o Where: Ho-Chunk Gaming-Wisconsin Dells-Baraboo, WI.
- **GCA Regular Monthly Meeting:**
 - o When: Saturday May 14, 2016 at 10:00 AM.
 - o Where: Office of the General Council- Tomah, WI.
- **GCA Regular Monthly Meeting:**
 - o When: Saturday June 18, 2016 at 10:00 AM.
 - o Where: Office of the General Council- Tomah, WI.

NOTE: GENERAL COUNCIL AGENCY MEETINGS ARE SUBJECT TO THE OPEN MEETINGS ACT.

THE PUBLIC IS WELCOME.



Ho-Chunk Nation Election Board

**HO-CHUNK NATION ELECTION BOARD
VACANCY ANNOUNCEMENT**

The Ho-Chunk Nation Election Board is seeking enrolled Tribal Members interested in serving as the Election Board Chairperson for the next two year term 2016 – 2018.

Individuals interested in serving in the capacity of Election Board Chairperson shall submit a letter of intent to the Election Board Office no later than December 18, 2015.

Duties include:


- Shall preside over all meetings of the HCN Election Board
- Adhere to the duties and responsibilities set forth in the Amended and Restated Election Code
- Ensure all Tribal elections are carried out according to the applicable laws set forth in the Constitution of the Ho-Chunk Nation, Amended and Restated Election Code.
- Proof of Motor vehicles operators’ license/insurance is required.
- Must be available at a moment’s notice to attend any matters pertaining to Election Board with the office Administrator.

Interested tribal members may submit a letter of interest with qualifying information by **December 18, 2015 by 4:30 pm to:**

Ho-Chunk Nation Election Board
P.O. Box 756
Black River Falls, WI 54615

This has to be posted for 30 days before deadline.
POSTED 10/26/2015

Home Ownership Program




27374 St Hwy 21 E Office Building 5
Tomah, WI 54660

THE FOLLOWING HO-CHUNK NATION TRIBAL MEMBERS NEED TO CONTACT
THE DEPARTMENT OF HOUSING & PUBLIC WORKS
HOME OWNERSHIP PROGRAM
BY NOVEMBER 30, 2015

| | | | | |
|------|------|------|------|------|
| 2635 | 2028 | 5328 | 1017 | 6593 |
| 3135 | 1524 | 0594 | 5280 | 1468 |
| 3296 | 1267 | 2024 | 0915 | 2049 |
| 1450 | 1351 | 2409 | 2806 | 0604 |
| 0133 | 0353 | 3571 | 0724 | 2755 |

PLEASE CONTACT VICKI SHISLER, MICHELLE WINNESHIEK OR SHEILA STOUT

(608)374-1225



Ho-Chunk Nation Election Board

Notice of Vacancy and Deadline For Districts to Nominate One (1) Election Board Delegate and One (1) Election Board Alternate

| <u>Districts</u> | <u>Number of Election Board Delegate</u> | <u>Alternate</u> |
|------------------|--|------------------|
| District 2: | | |
| Baraboo | 1 | 1 |
| Lacrosse | 1 | 1 |
| Madison | 1 | 1 |
| Tomah | 1 | 1 |
| District 4: | | |
| Milwaukee | 1 | 1 |
| Total | 5 | 5 |

TERMS: All Election Board members shall serve terms of two (2) years. Election Board members may serve more than one term.

NOMINATIONS: Nominations for one (1) Election Board Delegate and one (1) Election Board Alternate to represent each District must be voted upon during your District’s November or December’s monthly meeting.

The District’s meeting minutes must include each District’s nomination for Election Board Delegate and Election Board Alternate. The minutes must be received at the Election Board Office no later than 4:00 PM – FRIDAY, December 18, 2015.

HO-CHUNK NATION ELECTION BOARD OFFICE
206 S. Roosevelt Road, P.O. Box 756, Black River Falls, WI. 54615
715/284-8900 • 800/890-0583 • 715/284-8600 Fax

This notice has be posted 30 days before nominating a Delegate/Alternate, Posted 10/5/2015

2015 TOB Halloween Party Winners

Door Decorating: 1st place DOB, 2nd place DOJ, 3rd place Enrollment 30\$

Scavenger Hunt: 1st place IT, 2nd place Pharmacy, 3rd place Planning 15\$

Halloween Trivia: 1st place Mystery Machine (DOE) 50\$

Individual costume: 1st place Ken Luchterhand, 2nd place Lyndsey Killian, 3rd place Louise Voss 15\$

Group Costume: 1st place Enrollment, 2nd place DOB, 3rd place Legislative 50\$

